

Emerald

CANNABIS LIFESTYLE

GRASS ROOTS
GROWER

The Bad-Ass
Lady Boss Behind
Mendocino's
Wild Iris Farm

THE
OUTDOOR
LIFESTYLE

SMOKY
VISTAS

Colorado's
Cutest
Cannabis
Lookouts

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CANNABIS AWARDS:
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PUBLISHER
Christina E. De Giovanni

EDITOR-IN-CHIEF
Dave Johnstone

MANAGING EDITOR
Adolph Ward

COVER SHOT
Wild Iris Farm

ADVERTISEMENT DESIGN
Nathan Wells

GRAPHIC DESIGN
Vero Avant

RECIPE DESIGN
Yedah Merino



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ADVERTISING

Advertising@TheEmeraldMagazine.com
Jody Tessler, Jody@TheEmeraldMagazine.com
John Knecht, John@TheEmeraldMagazine.com
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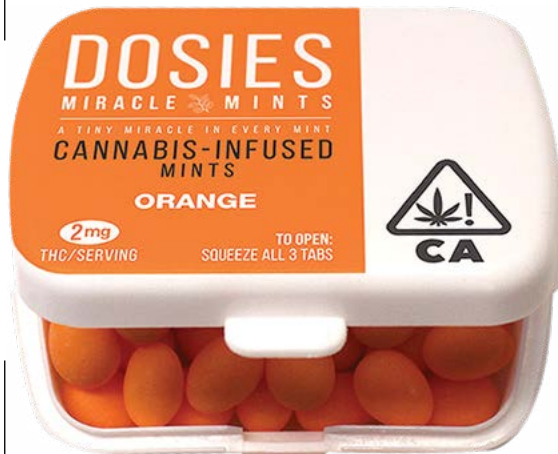


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THE BAD-ASS LADY BOSS
BEHIND MENDOCINO'S
WILD IRIS FARM

BY MELISSA HUTSELL

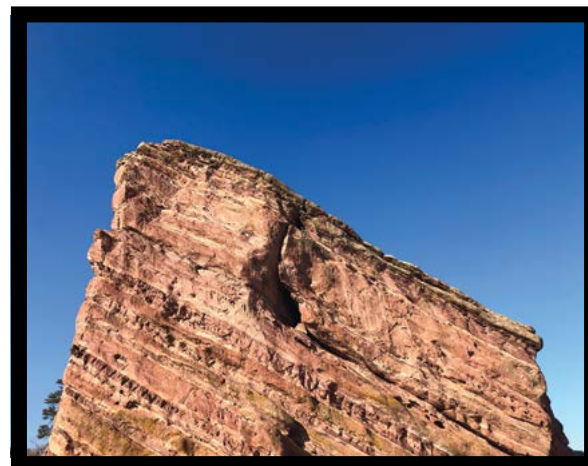
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LETTER *from the* PUBLISHER



Dear Reader,

This month, we're shaking the cold and heading back outside in our *Outdoor Lifestyle* Issue.

It doesn't get more outdoorsy in the cannabis scene than it does in the hills of Mendocino County. *Emerald's* cover story this month takes you to the farm of Carly Minford. This bad-ass woman in weed made her way to the Emerald Triangle nearly 14 years ago. Today, Minford is the mind behind Wild Iris Farm, which is 100 percent off-the-grid and solar-powered. Transforming her raw land into a permitted cultivation site took not only strength but also precise planning and calculations. "When I bought the property in 2010, it [had] no hook-up to the county sewer, [no] water or power grid, so I developed the property as a self-contained unit," she told *Emerald*. Her love for the land and practice with the plant has put Minford on the map.

Cannabis priestess Sari Starr steps outside the traditional circle and leads by helping others discover true purpose through guided use of cannabis. Her retreats are well-known in the industry, as are her unique practices for achieving a higher consciousness. Those who want to reach for the moon can find themselves landing on a Starr at her next outdoor adventure this June 16th through June 23rd at the Coral Cove Resort and Spa in Jamaica. Curious men and women who are interested in the cannabis lifestyle are welcome to join in a safe environment where they'll be supplied with superior flower for the experience of a lifetime.

The cannabis-cultivation season is right around the corner. Join us as the winter fades, and we step forward into spring with April's *Green Lifestyle* Issue.

From everyone of us here at the Emerald Media Group, we wish you all a prosperous spring!

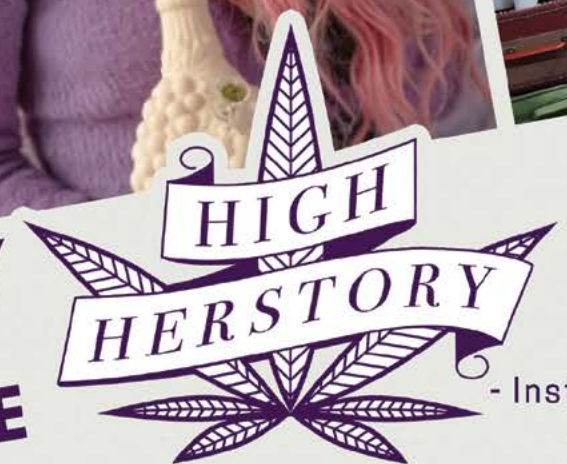
High Regards,

Christina E. De Giovanni
Publisher



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ACHIEVING
HIGHER
CONSCIOUSNESS
WITH
CANNABIS
PRIESTESS
SARI STARR

“We are shaped by our thoughts. We become what we think. When the mind is pure, joy follows like a shadow that never leaves.”
- SIDDHARTHA GAUTAMA

BY ZJ ALEJANDRA

Sari defines herself as a cannabis priestess. She believes that everything about cannabis is sacred.

“WHEN YOU BEGIN YOUR JOURNEY WITH CANNABIS, IT IS TYPICAL TO DESIRE AN OUTCOME THAT WILL BE PERCEIVED AS POSITIVE. HOWEVER, IT IS IMPORTANT TO UNDERSTAND, WHEN WORKING WITH PLANT MEDICINE, THERE IS NO POSITIVE OR NEGATIVE OUTCOME.”

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THE HUMAN MIND IS A POWERFUL TOOL, but even with all the information available to us in books and on the internet, we may try but mostly scratch only the surface of what we are trying to achieve. This is where Sari Starr comes in.

Her passion is helping people discover purpose in themselves and overcome limitations. Sari's unique approach involves cannabis as an aid in achieving a higher consciousness.

According to Sari, "When you begin your journey with cannabis, it is typical to desire an outcome that will be perceived as positive. However, it is important to understand, when working with plant medicine, there is no positive or negative outcome."

Sari sees herself as a cannabis priestess. She believes that everything about cannabis is sacred. It is her desire to educate everyone on the spirit of cannabis, and how it can be integrated as a sacrament for transformation. The travel company Cannabliss Retreats, which she established in 2016, is where Sari primarily applies her vision. Cannabliss Retreats is for people who wish to explore the inner-self with herb. Sari has an online portal, where she offers the Divine Activation Mentorship Program.

"We have hosted four retreats to date—three in California, and one in Canada. Our fifth one will be held from June 16th

to 23rd at Coral Cove Resort and Spa in Jamaica. Cannabliss attracts both men and women interested in health, wellness and the cannabis lifestyle. We welcome all participants, from the canna-curious to cannabis enthusiasts, offering a safe environment to learn and experience this incredible plant. The Jamaican retreat will bring together experts across cannabis and wellness with the goal to expand the mind, strengthen the body and awaken the spirit."

Sari's latest retreat program in Jamaica will include a four-star resort experience, with Coral Cove giving guests half an ounce of cannabis. In addition to snorkeling and swimming, there will be a tour of a local cannabis farm and a visit to Bob Marley's home.

The science of Sari's program involved years of studying with philosophical and spiritual experts. Sari actively participated in shamanic ceremonies to further immerse herself in their ancient wisdom. Yoga played a part in her training as well, with over 200 hours of training from the Consciousness Development Program through the International Academy of Consciousness. Sari also has run a creative agency, Redefining Cannabis, for more than two years. Her role as a cannabis priestess is fueled by her desire to help people awaken their infinite potential. For her, nature has always been the greatest teacher, which explains her advocacy of the use of herb. Sari explains the partnership between us and cannabis:

"This is a partnership that starts with intentional consumption. How you meet the plant and the stage that

NIKKI JUMPER



Cannabliss Retreats is an immersive, educational and spiritual gathering offered to people who wish to explore the inner-self with herb.

you set when you enter into exploratory communion are crucial to the activation of your inner wisdom. In this guide, I outline the three key elements to creating a ceremonial experience with cannabis: 1) **setting intention**, 2) **set and setting**, and 3) **meeting the medicine**. I teach people an introduction on how to use these steps to gain self-awareness. Awareness of the true essence of ourselves gifts us the freedom of emotional intelligence and the ability to handle life's challenges with ease and grace."

With modern technology and an overload of information comes what Sari calls "spiritual bypass." Her belief is that nature is the only source of wisdom and guidance where everything is neutral. In nature, there can be no influence to twist our values. Sari's program is designed to guide us back into nature with cannabis as a tool for awakening the psyche to a journey of rediscovering ourselves. The experience is unique for every individual.

Sari explains, "Spirit is neutral. When you surrender

to the present moment, the information you receive from your authentic self cannot be defined as good or bad. It is information offered for you to learn how to process it and use it for your personal evolution. What you resist persists, so rather than fighting against yourself, allow the energy of the emotions to arise, and use this as an opportunity to begin your conversation with the spirit of cannabis."

As with anyone consuming cannabis, it is always best to go slowly. Psychoactive effects can sometimes be overwhelming, especially for first-timers. Sari recommends some physical activity when anxiety from too much THC kicks in.

Bob Marley once said, "When you smoke the herb, it reveals you to yourself." Sari Starr, the cannabis priestess, is but a guide. The rest of the journey is for the individual to experience and appreciate. Sari's aim is not to influence the individual to follow a path by the book. It is up to us to find the meaning we seek.

CANNABIS, THE FOREST, AND A BREATH OF FRESH AIR

CARMEN MARXUACH



BY JAMES PRIEST

FOR MANY PEOPLE, smoking cannabis is as refreshing as taking a walk in the forest. Combine cannabis with the outdoors, and you'll get a breath of fresh air.

Cannabis and nature have always gone hand-in-hand. Whether you're on a short walk, bike ride or even weekend camping trip, we immerse ourselves in the outdoors.

Cannabis can enhance a range of outdoor activities such as surfing, skating, skiing, snowboarding, swimming, running, cycling and hiking. Activities like earthing and forest bathing are trends more people are trying to learn. These activities help many people to clear their minds.

Forest bathing is a trend that's recently become more popular. It stems from an old Japanese tradition called *Shinrin-Yoku*, the act of wandering the forest intentionally and consciously immersing the mind and body in its regenerative and healing attributes. Now you might be thinking this sounds like something a hippie would do, but don't forget that forest air is good for you. It is rich in oxygen and terpenes. Terpenes give plants their smell and flavor. They're defined in the dictionary as "a large group of volatile unsaturated hydrocarbons found in the essential oils of plants, especially conifers and citrus trees."

Like many other forests, the ancient Yakusugi Forest on Yakushima Island, in Japan, where *Shinrin-Yoku* started, contains air that is rich in the terpene a-pinene, which is one of the terpenes commonly found in cannabis strains and is also heavily present in forest air. A few deep breaths of air containing this medicinal terpene help a lot of people feel better. Studies published on the NCBI show that a-pinene is an effective bronchodilator. Other terpenes, like limonene, myrcene, Linalool and beta-caryophyllene, are found in cannabis, and all hold reported beneficial medicinal properties.

The Rocky Mountains in Colorado are rich in limonene. This terpene-rich air is attracting more people as the world becomes noisy, crowded and polluted. People looking to get away from stress and enjoy a breath of fresh air are finding it in a combination of cannabis and the outdoors.

INHALE THE GOOD SHIT, EXHALE THE BULLSHIT

Forest bathing in terpene-rich forest air is growing in popularity, just like cannabis, among those who partake of it. They say it helps them reduce stress and depression and improves the way they feel overall. One doesn't merely wander in the woods to forest bathe. There are guides, and even experts, in forest bathing to show you how you might benefit from this new take on an ancient tradition. If you're in need of a breath of fresh air and a way to unwind, you may want to give forest bathing a try.

Speaking of a breath of fresh air, one great example of cannabis and the outdoor lifestyle for the average person would be the famous doobie walk or secret sesh spot in the woods. Getting there or taking that walk is half the fun. Between the walk itself and blazing one, you always feel better than you did before. Cannabis can help make you feel better, but so does fresh air, especially when in the forest.

TERPENES HAVE DREAMY EFFECTS THAT ARE LIKE A BREATH OF FRESH AIR FOR MANY

- **A-pinene** is said to be an anti-inflammatory and bronchodilator that also works as an antibacterial and helps memory.

- **Linalool** is reported to be an anesthetic, anticonvulsant and analgesic, and to have anti-anxiety properties.

- Reports on **beta-caryophyllene** state that it works as an anti-inflammatory and analgesic, that it works to help protect cell lining and promote a healthy digestive tract.

- **Myrcene** works as a muscle relaxant and sleep aid.

- **Limonene** is reported to have anti-anxiety properties and work as an antidepressant, and it may help to treat acid reflux.

FOREST BATHING IS A TREND THAT'S BECOMING MORE POPULAR THESE DAYS. IT STEMS FROM AN OLD JAPANESE TRADITION CALLED **SHINRIN-YOKU**, THE ACT OF WANDERING THE FOREST INTENTIONALLY AND CONSCIOUSLY IMMERGING MIND AND BODY IN ITS REGENERATIVE AND HEALING ATTRIBUTES.

These terpenes are present not only in cannabis but also in pine needles, citrus fruits, black pepper, lavender and hops, all of which grow outdoors and can play a vital role in how we feel.

The next time you're feeling the pressure of the daily grind, you may want to unwind with a doobie walk in the woods and a breath of fresh air. To keep yourself from getting to that point of stress and frustration, you may want to try some trendy cannabis connoisseur activities, like earthing around barefooted or forest bathing. When you can't get outdoors due to a physical condition, and you have access to some herb, terpene-rich cannabis could be the best thing for you, next to that breath of fresh air.

DANIELLE GUERCIO

SMOKY VISTAS:

Colorado's Cutest Cannabis Lookouts

STORY BY DANIELLE GUERCIO

WHEN EXPERIENCING ONE OF THE FIRST STATES TO BRING LEGAL CANNABIS OUT AND PROUD, HAVING FUN PRODUCTS TO SAMPLE ENHANCES THE JOURNEY. NESTLED RIGHT OVER THE ROCKY MOUNTAINS, COLORADO IS ONE OF THE MOST SCENIC MOUNTAIN HABITATS IN THE UNITED STATES.

W

WITH SUPER-TALL MOUNTAINS and a general elevation that the layperson might not be ready for, Colorado is an intriguing and inspiring place to visit. Cannabis fans come here for one reason, and the dispensaries—and the elevation—won't let them down.

When checking out a new state, it helps to have some intel, so the *Emerald Magazine* spoke with five Colorado fans and residents to ask them for the greatest smoky vistas in this vast state. Erik Knutson, CEO of Keef Brands, kicks it off. Very much into this state's many rugged and gorgeous landscapes, he shares, "Colorado is rich with beautiful vistas that include 53 mountains that are 14,000 feet tall or more, to experience a true Rocky Mountain High."

MESA VERDE

April Black, CEO of Higher Way Travel, is deeply embedded in the cannabis community, sharing experiences and making memories with her work. She says that Mesa Verde and a good joint make for an introspective visit to this place where indigenous Americans lived for thousands of years.

Black tells the *Emerald Magazine*, "The ancient ruins at Mesa Verde and Canyon of the Ancients are definitely a must-see. It's not the typical tourist trap, but these areas contain nearly 5,000 archeological sites dating back around 1,300 years. There are plenty of peaceful spots to smoke and contemplate the lives and lessons of the native Pueblo peoples who came before us."

For on-the-go medicating, Black reaches for a special tool. "Good old-fashioned

joints are always an easy and effective way to get my smoke on, especially when rolled with Raw papers. But if I'm planning to do some dabs, which I often am, the Puffco Peak is my definitely go-to gadget. Huge hits with no torch, fuss or mess."

ELDORADO CANYON, ELDORADO SPRINGS

This beautiful state attracts nature lovers. Travel-plus-education startup Hi Curious founder Lauren Mundell is falling once more for the Lifted spell of the state. She goes for a hike with the help of 1906's GO 5 mg Dark Milk Chocolate Covered Coffee Beans.

Mundell describes the pull of the snowy peaks. "Colorado holds a special place in my heart. My son, Ethan, and I spent the first years of his life there watching the giant mountains scrape the sky. Since we moved from Long Island back to Colorado this July, you'll find me hiking in Eldorado Canyon in Eldorado Springs. I just learned the natural pool there is dubbed 'Coney Island of the West.' Perfect for a New York Jew."

Mundell loves to take the high road on her Eldorado hike. "The way I use cannabis is very intentional. I think about the activity I'm planning to do and create an experience for myself that includes cannabis. In the parking lot at Eldorado Springs, I take a 5 mg "Go" from 1906. It helps my mind feel clear as I start the strenuous hike, and 20 minutes in, I have a calm and focused energy. The product is easy to take because it's a chocolate-covered coffee bean. It tastes delicious. I like to hike up for an hour. When I arrive at a stunning vista, I take a moment to breathe in all I have accomplished."

FLAGSTAFF MOUNTAIN/ LOST GULCH LOOKOUT

AlpinStash is a brand that Coloradoans trust. Founder Danny Sloat used cannabis to help with many medical issues, and he's passing his wisdom into the flower they cultivate.



COLORADO IS RICH WITH BEAUTIFUL VISTAS THAT INCLUDE 53 MOUNTAINS THAT ARE 14,000 FEET TALL OR MORE, TO EXPERIENCE A TRUE ROCKY MOUNTAIN HIGH.

"THE WAY I USE CANNABIS IS VERY INTENTIONAL. I THINK ABOUT THE ACTIVITY I'M PLANNING TO DO AND CREATE AN EXPERIENCE FOR MYSELF THAT INCLUDES CANNABIS."

- LAUREN MUNDELL, HI CURIOUS FOUNDER

Sloat loves a good hike, but he knows that visitors need a brewery sometimes more than they need the backcountry. He shares, “I love expansive mountain scenery, including giant peaks, and both of these spots are this to a tee.” The nice thing about both of these areas is that they are car-friendly—no need for a 12-mile hike to enjoy what the mountains have to offer!”

Lost Gulch Lookout will give you a rush of nature but will be close to more urbane social activities, he says. “This easy-to-reach and accessible spot is right outside of the city of Boulder—lots of mountain views, hikes, rock climbing areas and spots to pull off, chill, picnic.”

Sloat continues, “Lost Gulch has an amazing view of the Spanish Peaks, and it’s my go-to spot to impress visitors.” As the founder of AlpinStash, he champions his potent and precious Grape Grimoire for this type of hike.

RED ROCKS

President of Cannabis Tours Heidi Keyes is extraordinarily familiar with Colorado. She suggests the cool and well-trodden hikes near Red Rocks. She says, “My favorite place to adventure outside, with a side of cannabis, of course, is Red Rocks, right outside of Denver. Red Rocks is awesome for several reasons. It’s a natural amphitheater and one of the best outdoor concert venues in the world.”

Keyes says you can come to Red Rocks for the nature and stay for the music. “In this gorgeous setting, they host a wide variety of incredible artists—my favorite show to date has been Snoop Dogg on 4/20, the first year of legalization in Colorado. If you’re into being active, there are also hundreds of miles of trails to hike around Red Rocks Park.... It’s especially beautiful in the fall, with the changing colors, and you can see the entire city of Denver from above.”

Some people like a pull, and others like to vape while they wander, but Keyes goes for the internal consistency that edible cannabis can grant. She says, “I’m big into edibles and the outdoors! I love popping

a 10 mg Wana Sour Gummy before my hike so that it kicks in just in time to enjoy the beautiful scenery. I’m always carrying my Pax vaporizer with me, and if I’m smoking flower, it’s probably a joint from L’Eagle Dispensary. All of their product is organic and long-cured!”

There’s nothing like peeking out over a sprawling rock formation that was created when we were just tiny fish in the primordial stew, and contemplating your existence, as cannabis and amazing locations can often coax out of us. Colorado is full of beautiful places to grab a hit, and you’ll be inspired for months afterward.

C

COLORADO IS THE PREMIER OUTDOOR CANNABIS DESTINATION

There’s a shortness of air for the uninitiated that makes a few pulls of a premium pre-roll work that much more quickly in the place formerly known as the Rocky Mountain State. Colorado is bigger than most other states in terms of open space, mountain heights and the amount of people who take advantage of its splendor on the regular, and when it comes to the great outdoors, bigger can mean more thrills.

Even on a cold day, trailhead parking lots are full, as people and their dogs get out for some one-on-one time with nature. Colorado dwellers love the mountains like they love their cannabis—multimillion-dollar features of the state.

Cannabis definitely fits into the outdoor lifestyle of many Coloradans—it’s been legal in their state for five years. Outdoor lovers can find their definition of Colorado in all seasons, and these cannabis pros have tons of insights into the mystique.

“MY FAVORITE PLACE TO ADVENTURE OUTSIDE, WITH A SIDE OF CANNABIS, OF COURSE, IS RED ROCKS, RIGHT OUTSIDE OF DENVER. RED ROCKS IS AWESOME FOR SEVERAL REASONS. IT’S A NATURAL AMPHITHEATER AND ONE OF THE BEST OUTDOOR CONCERT VENUES IN THE WORLD.”

“THERE IS SO MUCH TO DO OUTDOORS IN COLORADO, AND ALTHOUGH IT DOES GET COLD AND SNOWY IN THE WINTER, DENVER STILL BOASTS 70-DEGREE T-SHIRT DAYS DURING EVEN THE SNOWY SEASON.”

**- HEIDI KEYES,
CANNABIS TOURS
PRESIDENT**

D

DENVER IS SUPER HIGH

The Mile High City is unique in that it is populated by people who clearly prefer the outdoors, and it’s an urban area so close to the wilderness that you don’t have to choose as a visitor.

Lauren Mundell, Founder of Hi Curious, a cannabis discovery startup, is very happy with the balanced lifestyle. “With a pro-cannabis governor and a healthy respect for the cannabis plant, Colorado is a role model for the industry and the world.”

Mundell says this is the place to be for the adventurous. “For people who like cannabis and the outdoors, Colorado gives you the best. I like to stop at The Clinic, my favorite Denver dispensary, before heading up to the mountains. I like how many new products there are to choose from, so if I want to be discreet about my consumption, I can be.”

Mindful consumption like what Mundell advocates for is also a good match for highbrow activities that are nature-oriented—without going outside. She says The Denver Botanical Gardens are that place. “For people who want to get outside but might not feel up to an unknown natural experience, the gardens are filled with beautiful plants year-round. It’s also a completely accessible location, which is great for people who can’t experience nature as easily.”

Cannabis Tours President Heidi Keyes is very familiar with Denver’s offerings. She tells *Emerald*, “There is so much to do outdoors in Colorado, and although it does get cold and snowy in the winter, Denver still boasts 70-degree t-shirt days during even the snowy season.”

DANIELLE GUERCIO

THERE’S A SHORTNESS OF AIR FOR THE UNINITIATED THAT MAKES A FEW PULLS OF A PREMIUM PRE-ROLL WORK THAT MUCH MORE QUICKLY IN THE PLACE FORMERLY KNOWN AS THE ROCKY MOUNTAIN STATE.

Going outside in an urban setting still means those steps are counted, and there's lots to see. Keyes says this is the place for both types of outdoorsy person. "If your ideal cannabis vacation is more about city life, Denver has an incredible amount of delicious restaurants, breweries, wineries, art museums, architecture and, of course, dispensaries, tours and cannabis classes and events. The mountains are even close enough to Denver that you can enjoy both the Mile High City, and that high-mountain life, in the same trip. It's only a drive of an hour or two!"

S

SNOW IS A REASON TO GO

Black knows this is the greatest place for lovers of snowy peaks. "In the winter months, you can hit a bong [after you] hit the slopes in one of the many celebrated ski towns like Vail, Breckenridge or Steamboat Springs, many of which also offer snowshoeing, snowmobiling and even dogsledding. There are no other mountains in the U.S. quite like the majestic Rocky Mountains. Whether hunting, hiking, biking, snowboarding, skiing or soaking, the Rockies offer a unique and picturesque backdrop to all of your outdoor activities."

Colorado native and AlpinStash founder Danny Sloat goes for Rocky Mountain National Park. He says some of the best mountain landscapes Colorado has to offer are in the park. "Trail Ridge Road is an epic drive and is the highest continuous paved road in the world, reaching an altitude of over 12,000 feet. If you ever get the opportunity to drive

MINDFUL CONSUMPTION LIKE WHAT MUNDELL ADVOCATES FOR IS ALSO A GOOD MATCH FOR Highbrow ACTIVITIES THAT ARE NATURE-ORIENTED—WITHOUT GOING OUTSIDE. SHE SAYS THE DENVER BOTANICAL GARDENS ARE THAT PLACE.

"THE SNOWBOARDING AND SKIING DON'T GET BETTER (OR HIGHER) THAN MARY JANE MOUNTAIN IN WINTER PARK, ONE OF MY FAVORITE SNOW RESORTS IN THE WORLD."

- HEIDI KEYES, CANNABIS TOURS PRESIDENT

the whole route, do it! However, due to the extreme winter weather, it's only during the late spring to early fall."

Tips for tourists can be harder to come by in spread-out places, but Sloat shares, "With plenty of sightseeing and hiking or snowshoeing to do year-round, Rocky Mountain National Park shouldn't be missed. I've never been and not seen tons of elk. Be careful, though! Even though cannabis is legal here in Colorado, it isn't on federal land, such as Rocky Mountain National Park. The rangers will ticket you and confiscate any cannabis they find."

The crew from Cannabis Tours go for the Winter Park area for snowtime. Keyes says, "The snowboarding and skiing don't get better (or higher) than Mary Jane Mountain in Winter Park, one of my favorite snow resorts in the world. You can also snow tube there in the winter if you're not so confident on your ski legs, and in the spring, summer and fall, enjoy their Alpine Slide with glorious views from the top of the peak."

Mundell and her Hi Curious team go for a bougie vibe at Vail. She tells the *Emerald Magazine*, "We love skiing at Vail Mountain and spending time in Vail Village year-round.

IN THE WINTER MONTHS, YOU CAN HIT A BONG [AFTER YOU] HIT THE SLOPES IN ONE OF THE MANY CELEBRATED SKI TOWNS LIKE VAIL, BRECKENRIDGE OR STEAMBOAT SPRINGS, MANY OF WHICH ALSO OFFER SNOWSHOEING, SNOWMOBILING AND EVEN DOGSLEDDING. THERE ARE NO OTHER MOUNTAINS IN THE U.S. QUITE LIKE THE MAJESTIC ROCKY MOUNTAINS.

The town has a very upscale feel, which as a New Yorker I appreciate, but it also is very authentic and chill. The restaurant scene is incredible, but my favorite place to enjoy lunch is at Two Elks lodge at the top of the world-famous back bowls. In the summer, you can stay in Vail and enjoy the surrounding towns, hikes and adventures."

SUMMER FUN

It may not get as hot as some other states on the mountaintops of Colorado, but there are plenty of things to do in this beautiful place. Black tells us about her favorite warm-weather activities: "In the summer, you can go tubing down the Colorado River, camping or hiking in one of the 41 state parks, or watch the Perseid meteor shower while soaking in some hot springs. No matter your activity level, there is something for everyone in colorful Colorado!"

Accessibility in the outdoors is truly something we should be championing. Recreational time and activities can already be limited by physical ability, but beautiful and safe spaces can be had. Black continues, "The Red Rocks Park is a particularly beautiful region to check out, especially if you can time your visit with a killer concert at the their amazing outdoor amphitheater, which offers accessibility for everyone."

Mundell is also drawn to the stunning vistas and great music at Red Rocks. "Pack a picnic, and hike up before the concert to experience the beauty. It's always fun to smoke a joint at a concert. I just had the pleasure of trying Pot Zero, which is grown at 8,200 feet and is the only outdoor-grown flower sold in dispensaries in Colorado. The plants must be very happy, because I can feel a different sense of lightness when I smoke it."

The Great Sand Dunes aren't near the central area of Boulder/Denver, but Sloat thinks a visit is worth the trek. He says, "Epic, huge sand dunes look like they're straight out of the Sahara Desert, surrounded by Fourteeners (peaks reaching 14,000-plus feet), which make this area a must-see!"

That's the kind of scenery that someone who partakes could get into. Sloat continues, "While it's open year-round, it gets cold here. Folks like to hike here as well as ski, snowboard and sled down the dunes during the spring and summer. There's plenty to do in the area besides the dunes themselves, including hot springs and Penitente Canyon, which has awesome climbing."

C

CANNABIS + THE OUTDOORS

Mixing weed with the great outdoors is truly a special experience as long as it is done safely and intentionally. Keyes concurs. "Colorado is an absolutely gorgeous state, and its beauty is accentuated even further by the wonders of weed. There is just so much to do, both within the capital city of Denver and just outside in the mountains."

Being able to go from one type of landscape to the other is part of this state's charm.

However, Keyes cautions, “Just be sure to drink lots of water, especially if you’re being active. The effect of the altitude can be accentuated by cannabis use, and it’s important to stay hydrated so your vacation isn’t derailed by altitude sickness.”

Mundell says this can cause conflict in the body if you aren’t careful, “Using cannabis at altitude can be tricky. Plan accordingly, and know your limits.” She also loves the easy switch from hike to high-rise. “The wonderful thing about Colorado is that you don’t have to go far from the city to experience the outdoors. So, it’s easy to feel how cannabis can enhance your #optoutside moments.”

Sloat knows this connection probably best of all, being firmly rooted in the Colorado terroir. He muses about the combination. “Colorado was one of the first two states to legalize cannabis and as such has a robust and solid legal market. You can get anything cannabis-related here, and companies like mine, AlpinStash, put our heart and soul into producing the best cannabis possible. Not to mention the fact that the mountains are always better with cannabis.”

With so many ways to be active, it’s easy to see why Colorado attracts the outdoorsy among us. Sloat gushes, “World-class hiking, camping, fishing, snow sports, rock climbing, mountain biking, fishing, rafting, hot springs and general outdoor recreation, combined with friendly people, legal cannabis, 300-plus days of sunshine a year and great mountain towns make Colorado an ideal destination for those who enjoy nature.”

This respect is more than just taking from the landscape, Sloat says. “Enjoyment and respect of the outdoors are in the blood of every Coloradoan, and much of our lifestyle includes a way for us to get our nature fix. There’s so much to do and see here! I was born and raised here and feel like I have barely, if at all, scratched the surface.”

DANIEL NORRIS



Erik Knutson, CEO, Keef Brands, is also very passionate about this state. He thinks it’s among the best choices for those who enjoy time with nature. “Colorado is a trifecta of energy—outdoor adventures, a bustling metropolis and trend-forward on all the key happenings—including leading the way with recreational marijuana. Mash that all together, and you can have one heck of a good time with a Colorado recreation destination.”

WITH SO MANY WAYS TO BE ACTIVE, IT’S EASY TO SEE WHY COLORADO ATTRACTS THE OUTDOORSY AMONG US.



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MELLOW MEMORIES

BY MOLLY CATE

FOUR SPECIAL CANNABIS MEMORIES
FROM THE GREAT OUTDOORS, AHHH...

1976

IT WAS HIGH SUMMER IN NEW HAMPSHIRE, and my friends Charlie and Bernice have found a secluded spot for their new home, a converted school bus, up a short hill in a clearing surrounded by woods. I had met them while Charlie was working on the bus conversion in an old gas station near my home. Bored with my life masquerading as a rural housewife, I started hanging out with them as often as I could. Lovely to be among tokers again.

On that bright, sunny, summer day, I dropped in to check out their new spot. The bus was amazingly spacious, and it had everything needed to cook, clean, sleep and play. It was artfully crafted with comfy seating and colorfully adorned with batik hangings. Truly a home. But it was the location that really captured me, a broad clearing in the woods awash in wildflowers.

We talked and smoked, shared lunch and lemonade. The three of us friends wandered outside. I made a beeline into the meadow beyond their door. Took in the sun, the breeze, birdsong in the trees and the peace, and then sank down among the wildflowers, flat on my back. My last memory of that day is of looking up at the blue sky through the wildflowers waving over my head, feeling like an ant conscious of the whole of creation.

1990

A SUMMER NIGHT, MY FIRST GRATEFUL DEAD SHOW IN CALIFORNIA, having moved to NorCal in late 1989. What a delight to be in the Cal Expo Amphitheatre, that famous Sacramento venue built with the Dead in mind. This was an outdoor arena with wooden bleachers and a dirt floor, holding about 12,000 at capacity, which it certainly was that night. The concert was typically blissful, the audience joyful. A few huge balloon constructions floated overhead, launched from the crowd, timed to go with the songs when possible—a huge turtle sailed by while the band played “Terrapin Station.”

My friend Grisela and I had celebrated in high style during the show. At the end, as the arena lights came up, and people started streaming past us toward the exits, she and I were lying on the ground, unable to get up, weak with laughter bubbling up from the music still ringing in our ears and the THC in our heads. All of a sudden, Grisela sat bolt upright, leaned over me and said with as much solemnity as she could muster, “Welcome to California!”



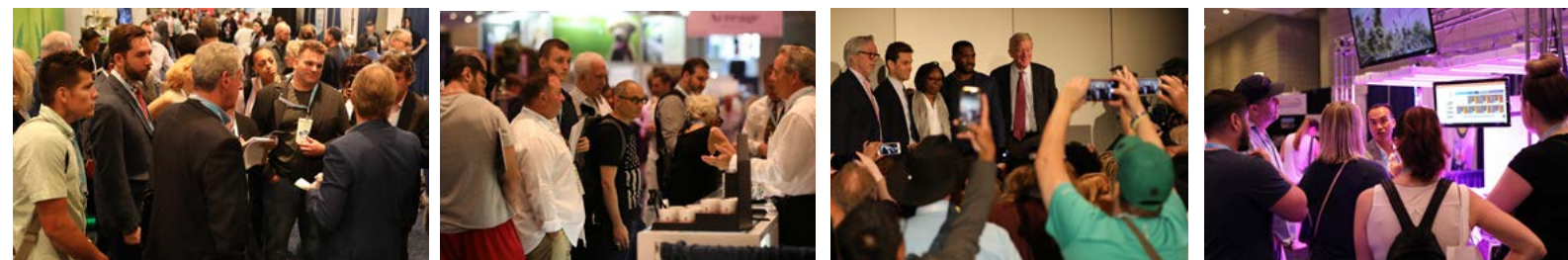
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THE GORGE



1997

MORE MUSIC, THIS TIME A RUN of shows by the band Phish at The Gorge in eastern Washington. First time there for the band and for me. The Gorge is a spectacular, natural bowl carved by wind and water on the eastern shore of

the Columbia River. The dancing pit at The Gorge was green concrete, brutally reflecting the blazing summer heat. We diehard fans were willing to broil away for a few hours to secure a spot close to the stage. We made jokes about frying eggs on the hard, hot surface, but we were the ones cooking. Finally, the staff took pity on us and set up a few garden hoses to spray cool water. The show was one of many I enjoyed there. We danced in the crowd, flowing with the incredible energy of the band and the masterful light show. We camped under the brilliant stars as Phishheads partied all around us.

For the second night, I found my way to the top of the amphitheater to take in the view and some fine herb. I could see both upstream and down. Across the river, a high wall of flat rock, ancient lava from Mount Rainier. This was a place of knife-sharp contrasts: rock, river, sky, bright sun, velvet black night filled with stars, nothing human-made visible at all. As a tribute to that special place, each night the band carefully timed their start for that moment just as the blade-edge of rock across the river began to cut the sinking sun in half.

1999

WAY OFF THE GRID IN SISKIYOU COUNTY, CA, to visit a friend and help with the harvest. Not summer this time, but a gloriously warm and sunny autumn. The farm perches on a small shelf of land just below the ridgeline. You can see an approaching vehicle for 20 minutes before it gets to your door. To the south are the majestic Trinity Alps, some with remnant shawls of snow. Upstairs, rows of drying plants suspended from hangers.

I was a novice at trimming, so I only helped out for a few hours, too slow to occupy a seat better used by someone skilled. Very kind of my friend to let me join in. The atmosphere was like the best dinner party imaginable; happy banter among strangers, hands busy not with knives and forks but with Fiskars shears, good tunes in the background. As I wandered off for a stroll after my shift, I headed down to a small, robust garden of mature plants not yet harvested. There was an official notice at the entrance, indicating that this crop was legal, grown for medical use in the Bay Area. Tall and proud and purple-green stood the Blueberry, my favorite strain, and I gave thanks that some of it was being grown for me, too.

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BRIDGEVILLE - \$499,000
±40 Acres featuring State and County interim permit for 10,550 OD, creek frontage, springs, 3 ponds, cabin, & outbuildings!

ELK PRAIRIE VINEYARD - \$1,350,000
Reduced Price!
±20 Acres w/ 3 homes, pond, decks, pool, winery, cellar, tasting room, mature grapes, olive trees.

REDWOOD VALLEY - \$399,000
Reduced Price!
±1.2 Ac w/ creek frontage, 2/1 home, guest cabin, pool & deck, garage/shop, tool shed, orchard.

MANILA - \$349,000
±9 Acres of coastal land w/ community services at the property and has multiple lot subdivision potential.

FERNDALE - \$1,250,000
±80 Acres w/ State approved and County stamped permit for 22,000 sq ft ML and 6,400 sq ft OD cultivation space!



ALDERPOINT - \$749,000
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±6 Acre turn key farm w/ State & County Interim permit for 20k OD and 4k MLI Complete with PG&E, community water, pots & greenhouses!

HYAMPOM - \$189,000
±160 Acres w/ beautiful mountain views, developed flats and roads, timber, and water source.

FERNDALE - \$1,450,000
±480 Undeveloped acres w/ ocean views, springs, creek, pond, open meadows, timber, easy access.

MAD RIVER - \$330,000
Reduced Price!
±10 Acres w/ 2 bed 1 bath 1200 sq ft home. Parcel features flats, outbuildings, water storage, and creek on site.

BERRY SUMMIT - \$350,000
±160 Acres of secluded, heavily wooded property featuring multiple outbuildings, and Cedar Creek on site.

WILLOW CREEK - \$1,175,000
±140 Acres w/ temp. State and interim County permit for 28,900 sq. ft. of OD! Parcel features wells, spring, flats, and outbuildings.

HONEYDEW - \$379,000
±80 Remote acres 2 mi from Honeydew store. Year-round reek, timber, flats. Needs development.

ALDERPOINT - \$395,000
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BERRY SUMMIT - \$535,000
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FERNDALE - \$385,000
±110 Acres close to Ferndale w/ spring, open meadows, developed flats, & a small cabin.

SALMON CREEK - \$749,000
±120 acres w/ three cabins nestled in the hills of Salmon Creek w/ orchards, water sources, solar

HETTENSHAW - \$295,000
±160 Acres w/ open meadows, oak & fir mix, cabin, outbuildings, ag infrastructure.

WESTHAVEN - \$235,000
±2.6 Acre parcel w/ useable flats ideal for building your dream home!

DINSMORE - \$199,000
Reduced Price!
Remote ±40 acre flat parcel easy access, views, creeks, and beautiful rock outcroppings.

WILLOW CREEK - \$319,000
±3.3 Acre parcel featuring a 3/2 home, power, stunning river views, and plenty of flat useable ground!

BENBOW - \$475,000
±24 acre property in southern Humboldt with stamped County Interim (outdoor) and State Temp (tier 1 mixed light) permits for 6,660 square feet.

SHOWERS PASS - \$250,000
±80 Acres w/timber, spring-fed pond, terraced flats. 20,000 sf RRR space.

KETTENPOM - \$425,000
±45 acre ridgetop w/ stunning views, custom home, good well water and great Ag potential.

Gift Guide

MARCH



Om Body Cannabis-Infused Lavender Bath and Body Oil. Proprietary blend of apricot kernel oil, avocado seed oil, sun-grown cannabis, jojoba oil, argan oil, essential oil and cannabis concentrate. Comes in Lavender, Rose Geranium and Fragrance Free. **\$32 omedibles.org**

S'Hemper Sweets Lemon Ginger Honey Stick
\$6 getsava.com



1. Potli Cannabis-Infused Extra-Virgin Olive Oil. Balanced with 20 mg of CBD and THCA to promote physical and mental well-being. 250 mg CBD and 250 mg THC per container. **\$54**

2. Elio Soothing Salve CBD x SOOTHING SALVE is a family recipe crafted full of vitamins, essential oils to moisturize the skin and 500 mg of full-spectrum CBD oil to help soothe muscles and joints. **\$60**

3. Chae Biru Balm A CBD-infused, multi-functional, lightweight balm concentrate made up of skin-boosting plant botanicals and oils to sooth and calm, boost, repair and hydrate. **From \$38 chaeskincares.com**

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8. Functional Remedies Hemp Capsules

Convenient and easy to swallow, these capsules are well suited for everyday routines to help the body maintain and regulate balance, leading to optimal results. Also available in 10 mg and 50 mg strengths. Contains 25 mg hemp phytonutrients per capsule; 30 capsules per bottle. **\$99.99**

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11. Olo Focus Cannabis-Infused Sublingual Strips

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Gift Guide MARCH

14

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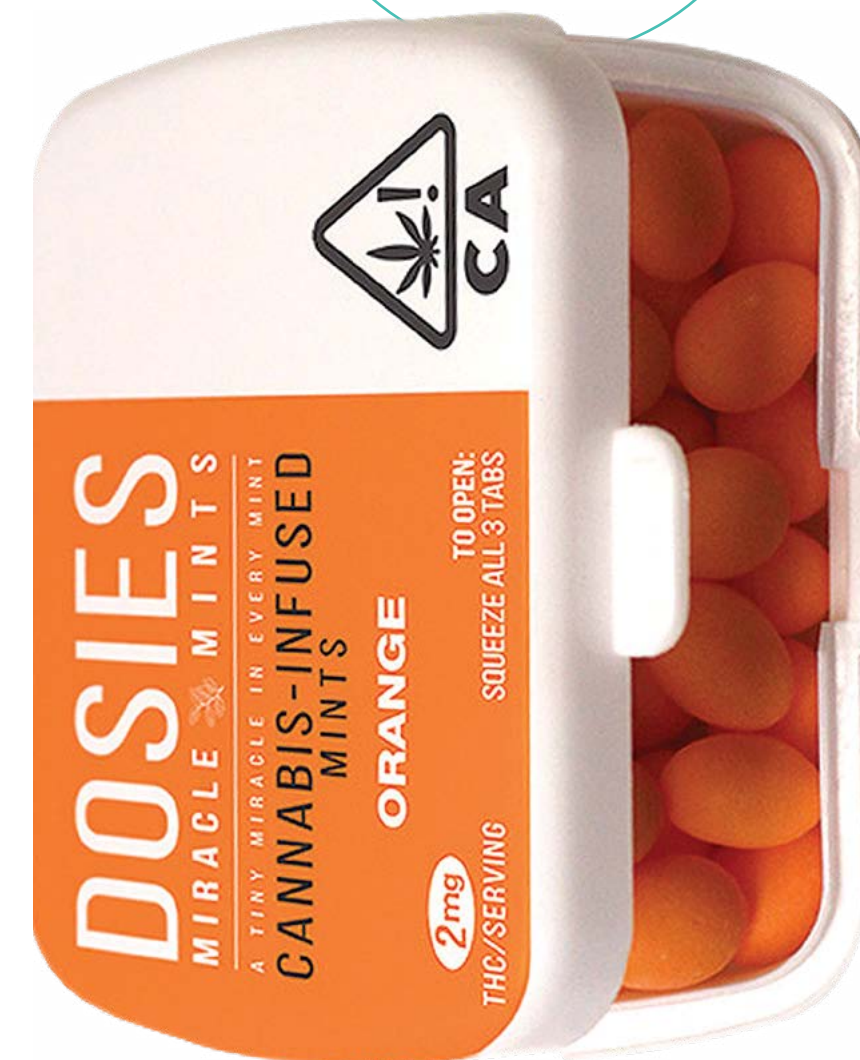




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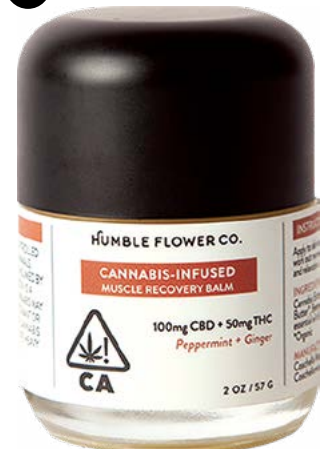
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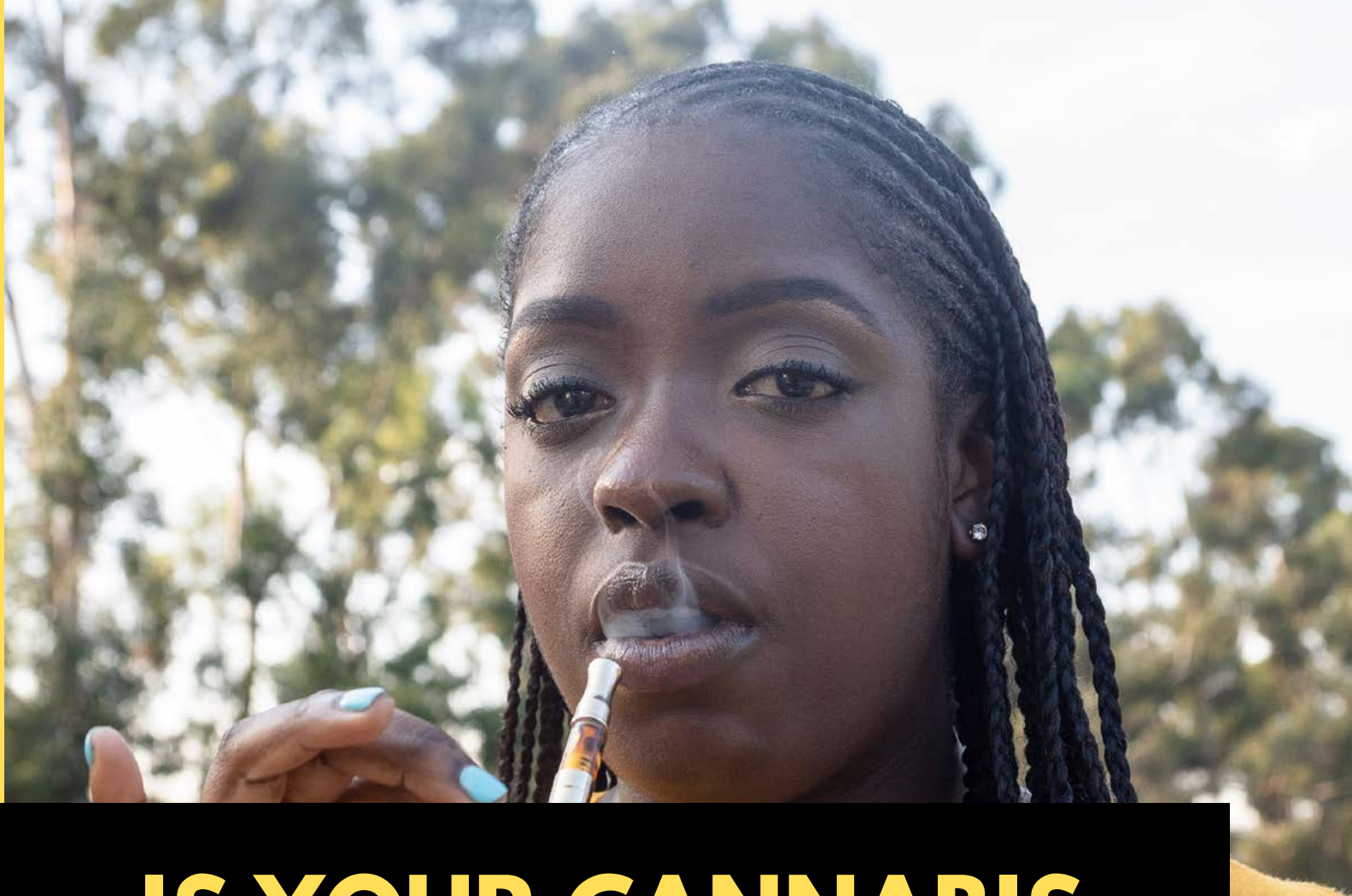
24



25



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M

MANY CANNABIS CONSUMERS love not just taking in the great outdoors, but also toking in the great outdoors! From the remote territories throughout Canada and the mountainous oceanside wonders of the Pacific Northwest to the hills of Humboldt County, the Florida Everglades and everywhere in between, those who love the herb can be found engaging in a wide variety of outdoor activities.

When taking in and trying to take in nature, many consumers run into issues such as broken joints in their pocket, bongs that don't mix well with rugged terrain and the fierce power of mother nature's many elements. In the true sense of stoner ingenuity, there are several products on the market today that can assist consumers in toking while taking in all that nature has to offer. Here are some of my favorites...

(Story continues on page 41)



MARIA BADASIAN

TOKIN' IN THE GREAT OUTDOORS

BY ASHLEY PRIEST

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Pot Pockets are fantastic products that offer security for your pre-rolled joints while on the go. These wooden carrying cases provide an attractive design and come in a variety of sizes. The case also offers an added benefit of fire safety while in nature. When you are done toking, simply place your joint or blunt roach back into one of the three self-closing compartments, and it will be extinguished automatically. This helps not only to cut back on the risk of sparking a fire in the outdoors but also on odor and waste. Like Pot Pockets' founder Jo-Ann Bellanti states, "They are perfect for any outdoor activity that ends in 'ing,' be it fishing, hiking, camping, skiing or simply enjoying." All you have to do is "Roll, load, and go!"

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Let's face it: getting a traditional lighter to light on the beach or on a windy mountaintop can be quite the battle. Tesla Coil Lighters help to solve this issue. These innovative, rechargeable, windproof electric arc lighters are available in many different varieties. Not only do these lighters solve the issue of wind while in nature, but they also eliminate the need for refilling with butane and are simple to use. Tesla Coil Lighters require just one press of a button to create an electric arc to spark your goodies on the go.

ROLL UH BOWL

While we all have our favorite bong at home, taking precious glass into the great outdoors is never a wise idea. The Roll Uh Bowl solves this problem with a portable bong made from U.S. medical-grade silicone. The bowl is completely bendable and foldable as well as dishwasher safe. The Roll Uh Bowl product line includes a metal downstem, which eliminates the need for any glass components. Roll Uh Bowl is available in two different models as well as various colors.



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WILD IRIS FARM IS NESTLED DEEP IN THE EMERALD TRIANGLE, TUCKED AWAY IN THE ROLLING REDWOODS AND HILLSIDES OF MENDOCINO COUNTY, CALIFORNIA. THE FEMALE-OWNED AND -OPERATED FARM PRODUCES ORGANIC, SUNGROWN CANNABIS. IT'S LOCATED JUST OUTSIDE OF UKIAH AND SITS ON 130 ACRES OF LAND, MOST OF WHICH REMAINS WILD AND UNTOUCHED.

MENDOCINO IS HOME TO MANY DIFFERENT microclimates, which allow farmers to produce their own distinctive strains. Wild Iris Farm sits in warm zone, mostly facing south, which allows the plants ample sunlight to thrive, said sole owner and operator Carly Minford.

"OG crosses tend to do well at Wild Iris, with the late heat and sun to finish them off nicely," she said. "One of my all-time favorites to grow is a *Chocolate Mint OG*, which is a *Granddaddy Purp* crossed with OG."

Most days, Minford encounters an abundance of

BY MELISSA HUTSELL

wildlife meandering around while she tends to the plants. Along with the cannabis gardens, there are flowerbeds, a big vegetable garden and a small orchard.

The farm takes its name after the lush flora that line the property during the springtime. “In late April, there is a two-week period where these beautiful little wild iris wildflowers pop up all over the property,” said Minford.

Minford is a plant enthusiast and nature lover who fell in love with Mendocino County 14 years ago. She came here to find work as a trimmer, but she found the freedom to live off the land.

“I immediately knew this was a place where I wanted to put down roots,” Minford added, “the beauty of the area is unparalleled, and I feel lucky to be able to call this place my home.”

Living in Mendocino allows Minford to make a living off the land as both a farmer and business owner, while doing what she loves with care and respect for the environment, she said. The best parts are working outside, and creating gardens that nourish and sustain.

There are plenty of perks to growing outdoors, Minford explained. “For starters, I get to work outside and be in harmony with the natural cycle of the plants and seasons,” she added. “As the weather changes, the plants do, too. It’s nice to fall into that natural rhythm.”

Minford purchased the property nearly ten years ago. It started out as a raw piece of land, but with Minford’s vision and dream, it evolved into the homestead and permitted cannabis farm it is today.

The property itself is 100 percent off-the-grid and solar-powered, said Minford.

“When I bought the property in 2010, it [had] no hook-up to the county sewer, [no] water or power grid, so I developed the property as a self-contained unit,” she explained. “The water comes from

a well located on the property; the sewer is a septic system by the house; and the power comes from an array of solar panels hooked up to a battery bank and inverter.”

Minford’s home is heated with firewood in the winter, along with a small propane tank that feeds the on-demand water heater, and the kitchen stove.

“There is an amazing sense of freedom, living off the grid,” Minford said. But there’s also a ton of maintenance. “Something is always breaking, and staying on top of the firewood can seem like a part-time job,” she added. “There’s never a dull moment at the ranch!”

Wild Iris cannabis is all grown organically to ensure that the integrity of the land is upheld, and that customers get the cleanest herb possible. “Compost teas are used to create healthy soil microbe colonies, and natural pesticides--such as Neem oil--are used, as opposed to harsh chemical alternatives,” Minford said.

Wild Iris is an official member of Mendocino Generations, a diverse alliance of legal, permitted small farmers in Mendocino County. “All of our farms are organic, but what that means in practice is that they are above and beyond organic, living off the earth while giving back to the earth,” according to Mendo Generations. “Many of our farmers are Dragonfly Earth Medicine (DEM) Pure Certified permaculture farms.”

That DEM Pure certification is among the most sought after in the industry. “[...] It is given to gardeners that are already on the path of ecological regeneration, growing of high-quality healthy medicine and food and education to the next generation of healthy cannabis growers,” according to Dragonfly Earth Medicine. “Having a DEM Pure cert recognizes that a farmer is utilizing solely regenerative and biologically intelligent practices.”

Living in harmony with the seasons mean a usual day on the

“I IMMEDIATELY KNEW THIS WAS A PLACE WHERE I WANTED TO PUT DOWN ROOTS,” MINFORD ADDED, “THE BEAUTY OF THE AREA IS UNPARALLELED, AND I FEEL LUCKY TO BE ABLE TO CALL THIS PLACE MY HOME.”

“WHEN I BOUGHT THE PROPERTY IN 2010, IT [HAD] NO HOOK-UP TO THE COUNTY SEWER, [NO] WATER OR POWER GRID, SO I DEVELOPED THE PROPERTY AS A SELF-CONTAINED UNIT,” SHE EXPLAINED.

farm changes with the weather. During the summertime, Minford gets up with the sun to work in the garden, and avoid the midday heat. Afternoons are dedicated to compliance paperwork, marketing or catching a yoga class, she explained.

“Evening time is one of my favorite times to get back in the garden to foliar feed the plants as the day cools down,” she added.

Autumn is more hectic; during harvest season, “days are usually a 12-hour affair of cutting, curing, bucking, and trimming,” she said. She welcomes a slower pace of life during wintertime before kicking off springtime in March. “[Those days] tend to be pretty physical days with turning the soil, adding soil amendments, building trellises and planting,” Minford explained.

One piece of advice Minford shares with hopeful herb farmers is to diversify. “Try many different strains; see what does well in your climate; see what is resilient; and what you like to smoke,” she added. “Different plants can look and smell completely different based on climate and sunlight.”

This year, Minford branched out and experimented with CBD-heavy strains including *Trident* and *Ringo’s Gift #5*. “Both CBD strains are around a 15:1 ratio of CBD to THC,” she said. She found the ratio to be “perfect for ingesting without getting too high.” Minford also finds the balance to be a beneficial sleep aid.

“This past year, I also went heavy on the Main Stream Genetics (MSG) with *SFV OG*, *Gorilla Glue* and *Sherbert*, which was fun,” she added, “but this coming year, I’m excited to return to some of the heritage strains and crosses that make Mendocino County farms unique, like the *Jedi Nights OG*, developed by Arcanna of Redwood Valley.”

Looking to the future, Minford said she will work with a seed project to further discover which unique crosses do well in the Wild Iris microclimate.



For more information, visit Wild Iris Farm @Wild_Iris_Farm on Instagram

WILD IRIS FARM

Is an authentic--and verified--Mendocino County Farm, registered in the California Department of Food and Agriculture. The county of origin is important as the Emerald Triangle region becomes more synonymous with quality herb. According to Leafly, “Just like counterfeit Gucci and Prada, counterfeit “Mendo” is a global, multi-billion dollar business.” California Prop 64 requires that all “cannabis growers must be licensed and follow rules including not faking your county of origin. Only Mendocino County growers can use ‘Mendocino’ in their names and packaging. Ditto for Humboldt, Trinity, and elsewhere,” the site added.

TIKUN OLAM TAKES ON CALIFORNIA'S CANNABIS MARKET

BY ZJ ALEJANDRA

When **Tzachi Cohen** started growing cannabis in his mother's house in 2005, he undertook a volunteer project aimed at accommodating needful patients in Israel. The only thing the patients had to do in return was to help him grow the plants.



TIKUN OLAM MEANS "REPAIR THE WORLD" in Hebrew, and today this backyard project has expanded

to the United States with the establishment of T.O. Global LLC (also known as Tikun Olam USA). It is a joint venture with Tikun Olam Ltd. Israel with similar partnerships in Canada, Australia, the UK and South Korea. The company's global mission of providing medical-grade cannabis works together with its project of educating the traditional medical community and patients on the scientific potential of cannabis.

Israel has been leading in breakthroughs in many scientific areas, including information technology, military technology and medicine. With weather conditions that are ideal for cultivating cannabis, it is not surprising that the country would turn to cannabis medicine. Israeli scientist Raphael Mechoulam and his team were the first to isolate THC in 1964. They also contributed greatly toward the research and discovery of the human endocannabinoid system. Cohen was fortunate enough to be mentored by Mechoulam, who shared his vision of unlocking the vast healing properties of cannabis. Their first recipients of green medicine were soldiers suffering from PTSD as well as other ailments. Their first years of operation were philanthropic in nature.

California is the largest cannabis market in the world with Florida following closely. The California launch featured Tikun Olam's



first built-from-the-ground-up cultivation and processing facilities. The company has entered a partnership with VidaCann, whose 70,000 square feet of space include two greenhouses that the company foresees growing to more than 100,000 square feet more.

Among Tikun Olam's equipment are identical super-critical CO2 "fluid network" extraction machines from Israel, which ensure that the finished products are of top quality and safe. Among Tikun Olam's best-known proprietary varieties are "highless"

high-CBD, low-THC Avidel, high-THC varieties Alaska, Erez, Or, Almog, Erez and the 1:1 Midnight. These strains are available as flowers, concentrates and vape oils, topicals, tinctures and lozenges and other edibles.

The company's researchers are not just cannabis advocates but scientists utilizing their expertise in various methods for analysis and review. Last year, Tikun Olam released significant studies on cannabis medical treatment. The target populations included children with complex movement

disorders as well as elderly patients who are avoiding the use of opioids. Tikun Olam has also recently completed a study on children with autism, which will be published very soon. It was discovered that after six months of daily cannabis treatment, 80.1 percent of patients in Israeli clinics reported improvement of symptoms, with 30.1 percent reporting significant improvement, as evidenced by 20 percent of patients stopping use of anti-psychotic medication.

In Israel, Tikun Olam has been pioneering medical cannabis applications for cancer, Parkinson's disease, PTSD, ALS, autism, fibromyalgia, epilepsy, AIDS, Crohn's disease and colitis, arthritis, Alzheimer's disease, Tourette's syndrome and diabetes.

When Tikun Olam was founded, Cohen was cultivating his first few plants in a true backyard farming fashion. The objective was not to establish an agricultural business. As the company expanded, Cohen committed to upholding the highest standards in cultivation, harvesting, processing and product quality. Over the years, the company has maintained the genetics and intellectual property, and it continues to spread the good news of the healing potential of the once-misunderstood plant.



For more information, visit tikunolam.com



A GUIDE TO VISITING AMSTERDAM

Amsterdam is a top travel destination for people from around the world. This great city in the Netherlands is jam-packed full of culture, coffee shops and great food. If you are thinking about visiting Amsterdam this year, don't worry, because we have put together a guide to make sure that you are ready for your big trip.



BY **ROSANA BEECHUM**

TRAVEL DOCUMENTS

If you are planning on travelling to Amsterdam, you'll need to make sure that you have a passport. The most common way to travel to Amsterdam from the UK or the U.S. is by plane, so your passport will need to be valid for at least six months after the end of your trip, but you won't need a visa as long as you're not planning to stay for more than 90 days at a time.

BOOKING FLIGHTS

Amsterdam's main airport is Schiphol, which is very busy due to its convenient location. You can fly into it from all around the world, and many top airlines offer direct flights there. If you are travelling from the U.S., you might want to consider British Airways, Flybe, KLM and Norwegian Air. Make sure to book your flight well in advance of your trip to get the best possible deal, and always remember to compare fares.

WHERE TO STAY

When you travel to a new country, it can be difficult to find the best places to stay. While a lot of the attractions might be in one area, some of the most popular ones might be based a little further out of the city. The good news is that there are many areas in Amsterdam that are great to stay in, and they are all linked by a useful tram system that will get you from A to B with no problems at all. You'll find everything from luxury hotels to hostels and rooms that you can rent for the duration of your stay.

When planning your trip to Amsterdam, consider staying in the Old Centre so you can be close to all of the main sights and attractions. Other great areas to stay in Amsterdam include Downtown for some hostels, or the Hotel de l'Europe for some luxury accommodation. Remember to choose somewhere with good transportation links.

WHAT TO PACK

Packing for Amsterdam can be quite tricky as the weather is often unpredictable. While the summer

might seem to be the best time to go, due to better weather, you might still come across a few rain showers. Think about bringing some warm layers as well as some t-shirts that you can throw on if the sun comes out.

One thing to consider about packing for this city is the fact that most people get around on bikes. If you think you might take a bike ride while you're there, then you'll need to have clothing that is suitable for that type of activity.

WHAT TO DO

One of the most popular things to do in Amsterdam is to visit the coffee shops and

IN THIS CITY, THE COFFEE SHOPS ARE WHERE THE LOCALS CAN LEGALLY PURCHASE CANNABIS AND ENJOY SMOKING WITH THEIR FRIENDS. DUE TO THIS NOT BEING A LEGAL ACTIVITY IN MANY OTHER PARTS OF THE WORLD. MANY TOURISTS LIKE TO SIT DOWN AND HAVE A COFFEE AND SMOKE DURING THEIR STAY IN AMSTERDAM.

soak up the local culture. In this city, the coffee shops are where the locals can legally purchase cannabis and enjoy smoking with their friends. Due to this not being a legal activity in many other parts of the world, many tourists like to sit down and have a coffee and smoke during their stay in Amsterdam. If you are going to do this, make sure to be sensible. Follow the coffee shop etiquette, and ask questions if you need to.

If you aren't interested in smoking cannabis when you visit Amsterdam, don't worry, because there are plenty of other activities for you to enjoy. When it comes to attractions, one of the most popular museums to visit is the Anne Frank House. This attraction is often very busy, so we recommend booking your tickets online in advance of going, to help you beat the queues.

Amsterdam is also known for its

RED MORLEY HEWITT



JASE & AFSQON



amazing canals that link the parts of the city together. We recommend taking a canal cruise. These are available all over the city, and all you need to do is book your tickets and get on board. Some cruises will offer dinner packages and much more.

Once you've visited all of the popular museums and attractions in Amsterdam, you might want to take a bite of the local cuisine. Think about visiting Oud-West, where you'll find De Hallen, which is full of great food. The Foodhallen part of this attraction has lots of street food, including the famous chips that both locals and tourists love to eat with sauce dolloped on top. Make sure to try as much of the local food as you can!

TAKE A TRIP TODAY!

Amsterdam is a bustling city. You'll love seeing some of the most famous museums in the world while learning the history. Just remember to book your flight well in advance!

ALFONS TAEKEMA



BACON FAT + BROWNED BUTTER CARAMELIZED PEARS

BY CHEF SEBASTIAN CAROSI

EQUIPMENT NEEDED:
Chef's knife, cutting board, large sauté pan or cast-iron skillet, lined baking sheet, tongs and a serving platter

COOK TIME:
1 HOUR

PREP TIME:
15-20 minutes

YIELD:
6-8 servings

TOTAL THC/CBD:
120 mg CBD/40 mg THC



EMERALD MEDIA GROUP

INGREDIENTS:

- 2 + 2 tbsp salted creamery butter
- 6 organic Bosc pears (peeled, cored, cut into 8 wedges)
- 1 tsp Jacobsen sea salt flakes
- 1 tsp cracked black pepper
- 1 tbsp bacon fat (aka: liquid gold)
- 4 tbsp salted creamery butter
- 3 sprigs organic fresh rosemary (3" long)
- 1 bottle Fairwinds CBD Companion (100 mg CBD, 20 mg THC)
- 1 tsp fresh organic rosemary leaves (rough chopped)
- ¼ cup fresh organic apple cider
- 2 packages ruby cannabis sugar (10 mg CBD/10 mg THC per packet)

HOW TO MAKE IT:

- Preheat oven to 425°F.
- Place pear wedges on the buttered, lined baking sheet, and season with some salt and pepper.
- Sprinkle the pears with the rough chopped rosemary leaves.
- Bake until just barely tender (about 10 minutes).
- Let cool, cover, and refrigerate for at least 3 hours.
- In a large sauté pan or cast-iron skillet, add some butter and bacon fat, add pears in batches, and caramelize both sides to your liking until all pears are done.
- Season with salt and pepper, and set aside on your desired serving platter.
- In the same pan you caramelize the pears in, add the remaining butter, the rosemary sprigs, some salt and more pepper.
- Over medium-high heat, let the butter brown, but not burn, for about 4–5 minutes.
- Add the apple cider, CBD companion and ruby cannabis sugar.
- Stirring, off the heat to incorporate all ingredients.
- Pour the liquid mixture over the pears on the platter.
- Enjoy hot, warm or at room temperature.

***A wonderful accompaniment to a pork crown roast, a roasted turkey or a lamb roast, or on a salad with crumbled bleu cheese.**

A lifted forager's feast

It's wild mushroom season here in the Pacific Northwest and many other parts of the country. Time to get outside and forage. Park the car a mile away, on the other side of the road, facing the opposite direction so no one knows what you're up to.

This will be a sustainable foraging expedition in baskets. Later on, double back for round two. Hide in the ditch, hike three miles, zigzagging the entire way (crawl on your belly if you have to). It's always wet and raining during mushroom season. Hike another half a mile in the wrong direction, then head back to the car to enjoy a blast of Sour Diesel concentrate and the warmth of the ride home. By now your car should smell of quality cannabis and the wetness of the forest floor. The baskets are full of gold like the Pacific golden chanterelle, cascade chanterelles and an entire basket of white chanterelles.

As a lifelong devout forager and farm-2-fork-driven chef, I rapaciously find myself deep in the woods, searching for that dank, dark, vibrant forest floor to hunt upon my favorite prey, the Pacific golden chanterelle.

Hunting with a CBD-induced high calmness allows me to repeat the whole clandestine entrance operation in a totally different direction to get out and not be seen. With my adrenaline pumping like a scared spring fawn, covered in mud, cold, drenched and borderline hangry, my thoughts quickly shift to a hot cast-iron skillet, a warm fire and food from the forest floor to share with family and friends.

The wild mushroom + ricotta toast will capture the forage forest floor bounty in its freshest state. Calming CBD and chamomile pickling will allow you to enjoy the mushrooms well through the winter.

Soon we will yearn again for next season, when we can get muddy, cold, wet and hangry all over again.



EQUIPMENT NEEDED:
Cutting board,
chef's knife,
serrated bread
knife, tongs,
stainless mixing
bowl, large
sauté pan

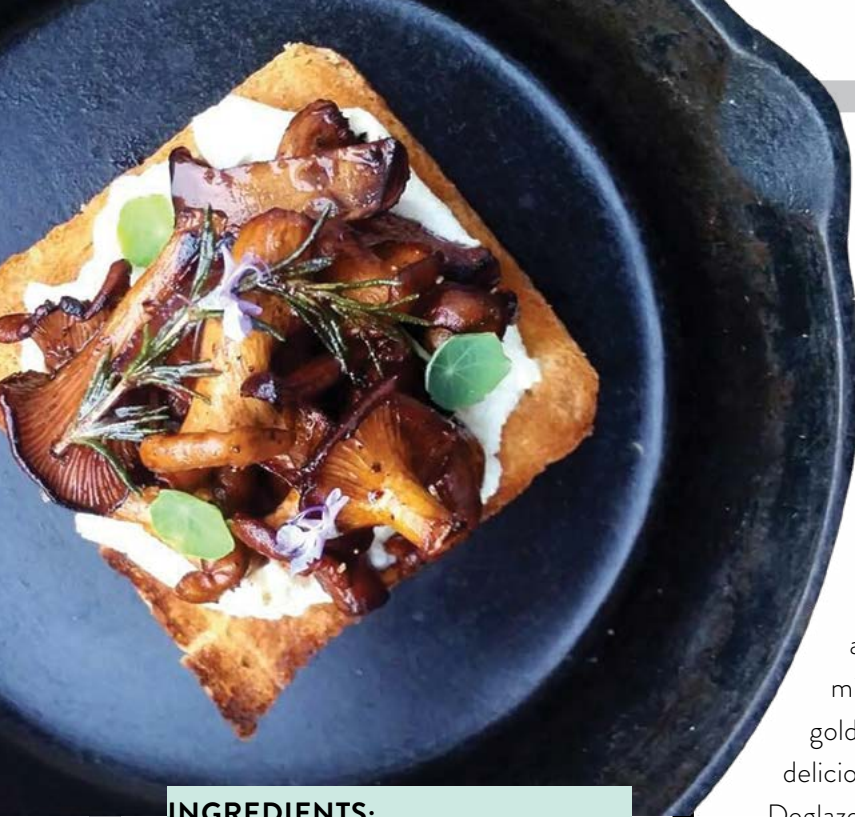
**COOK
TIME:
15–20
minutes**

**PREP
TIME:
15–20
minutes**

**YIELD:
6–8
toasts**

**TOTAL
THC/
CBD:
120 mg
CBD/40
mg THC**

WILD MUSHROOM + RICOTTA TOAST

**INGREDIENTS:**

2½ lbs misc wild mushrooms, such as chanterelles and morels
 4 tbsp + 2 tbsp salted creamery butter
 3 tbsp bacon fat
 5 garlic cloves (peeled, crushed and rough chopped)
 1 tablespoon fresh thyme leaves
 1 tablespoon Jacobsen sea salt
 ½ tsp fresh cracked black pepper
 3 rosemary sprigs (about 3" long)
 ¼ to ½ cup dry sherry, marsala, red wine vinegar or balsamic vinegar
 ¼ cup nasturtium leaves (size of a dime or nickel)
 ¼ cup rosemary flowers (from the flowering rosemary)
 16 oz ricotta cheese
 1 loaf white bread, Pullman loaf, unsliced (choose your favorite white bread)
 1 tsp fresh cracked pepper
 1 bottle fairwind's cbd companion tincture (100 mg CBD / 20 mg THC per bottle)
 1 tsp fresh thyme leaves
 2 tbsp butter
 ½ cup grated parmesan

HOW TO MAKE IT:

- In 2 tbsp butter plus bacon fat, sauté the mushrooms and garlic over medium heat in a cast-iron skillet. about 8–10 minutes or until golden brown and delicious...

-Deglaze pan with 2 tbsp butter, the thyme leaves, salt and pepper. let brown with rosemary sprigs, then add sherry or vinegar of your choice, season with salt and pepper and set aside...

-In a stainless mixing bowl, combine the ricotta, cracked pepper, thyme and cbd companion...

-Slice the Pullman loaf into ¾-1 inch thick pieces...

-Toast the bread to desired doneness and butter...

-Top each piece of toast with a thick spread of ricotta, and pile with a bunch of the warm mushrooms...

-Drizzle with the some pan juices, sprinkle with rosemary flowers and nasturtium leaves...

-Serve...

CHAMOMILE PICKLED WILD MUSHROOMS

**EQUIPMENT NEEDED:**

5 pint jars with lids, large stock pot, canning tongs, canning funnel, very large sauté pan (or use 2 if needed), measuring cups + spoons, a slotted spoon

INGREDIENTS:

provisions needed (ingredients):
 3 lbs wild foraged chanterelles (#1 or #2 buttons)
 2 cups rice wine vinegar
 1½ cups cider vinegar
 1½ cups water
 ¾ cups organic cane sugar
 3 tablespoons jacobson sea salt
 1 teaspoon + ½ teaspoon in each jar whole black peppercorns
 1 teaspoon dry organic thyme leaves
 8 fresh organic thyme sprigs (2 per jar)
 1 tbsp dry organic chamomile flowers
 1 tbsp + ½ teaspoon in each jar fennel seeds
 5 small dry red chili pepper (1 per jar)
 2 tablespoons + 1 teaspoon in each jar dry onion bits
 5 pacific madrone leaves or bay leaves (1 in each jar)
 10 packets ruby cannabis sugar
 10 mg thc/10 mg cbd (2 in each jar)

COOK TIME:
30 minutes

PREP TIME:
30–45 minutes

YIELD:
5 pint jars

TOTAL THC/ CBD:
20 mg thc / 20 mg cbd per jar

HOW TO MAKE IT:

- Dry sauté all of the mushrooms until they give up their liquid, about 10 to 15 minutes...
- This step is crucial when pickling chanterelles...
- Once they've given up most of their liquid, sauté for 4 more minutes to dry them out...
- In each jar, add two packets ruby sugar, 1 madrone or bay leaf, 1 teaspoon dry onion bits, a dry red chilli pepper, ½ teaspoon fennel seeds, 2 fresh thyme sprigs and ½ teaspoon whole peppercorns...
- Add the remaining ingredients to the pan with the mushrooms, and bring to a boil...
- Reduce the heat, and simmer 5 minutes, turn off the heat... Let it rest for 5 minutes...
- Fish out the mushrooms with a slotted spoon, and pack firmly into each jar, leaving half inch headspace...
- Ladle into each jar the cooking liquid, making sure it covers the mushrooms...
- Wipe the rims of each jar, and seal fingertight...
- Process the jars in a boiling water bath for 15 minutes....
- Remove, and let rest for 2 hours...



By Chef Sebastian Carosi
@chef_sebastian_carosi

Jacobsen Salt Company
jacobsensalt.com
sales@jacobsensalt.com
(503) 719-4973

The Bergin Hunt + Fish Club
@theberginhuntandfishclub

Fairwinds Cannabis
fairwindscannabis.com
sales@fairwindsmanufacturing.com
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LAMB KUSH KOFTAS

This Mediterranean dish is a classic, and is perfect for medicating while at an outdoor, infused picnic. These tasty pieces go great with any meal or as a snack by itself.

We'd love to see your handiwork in the kitchen, please share if you do prepare, and have a good time infusing your food!

EDIBLES MAGAZINE

INGREDIENTS:

- ¼ cup each pine nuts, almonds, and walnuts (total ¾ cup)
- 1 small yellow onion, roughly chopped
- 3 cloves garlic, roughly chopped
- 1 small red bell pepper, roughly chopped
- 2 Tbsps of canna-butter
- ½ cup cilantro leaves, gently packed (okay to substitute parsley)

DIRECTIONS:

Place the nuts in a bowl of a food processor fitted with the steel blade. Pulse until finely chopped but not pasty. Transfer the nuts to a small, dry skillet over medium heat; cook, stirring frequently, until the nuts are lightly browned and fragrant, 5 to 6 minutes.

Pour the nuts into mixing bowl large enough to hold all of the ingredients, and set aside to cool. (Don't leave the nuts in the pan, as the residual heat may cause them to burn.) Place the onion, garlic, bell pepper and cilantro in the bowl of the food processor (no need to clean it first). Pulse until the vegetables are finely minced but not puréed. Set a fine sieve over a medium bowl. Transfer the minced vegetables to the sieve, and use a rubber spatula to press out as much liquid as possible. Add the strained vegetable mixture to the bowl with the nuts. To the veggies and nuts, add the lamb, canna butter, cumin,

- 2 lbs ground lamb
- ¾ tsp ground cumin
- Heaping ¼ tsp ground cinnamon
- Heaping ¼ tsp ground cardamom
- Heaping ¼ tsp ground cloves
- 1½ tsps salt
- ¼ tsp white pepper
- Tzatziki and hummus, for serving

cinnamon, cardamom, cloves, salt and white pepper. Using your hands, mash the mixture together until evenly combined. Line a baking sheet with aluminum foil. Form the mixture into patties about 2 inches in diameter and ½ inch thick. (They will puff up on the grill to look like meatballs.)

Place on the baking sheet, and cover with plastic wrap, then refrigerate until ready to cook. Preheat the grill to medium-high heat and oil the grates. Place the kofta on the grill, and cook covered until browned, about 4 per side or until cooked through. Serve with tzatziki and hummus. Make-ahead: The patties can be made and refrigerated up to two days ahead of time, or frozen for up to three months. (Freeze the patties on a baking sheet or plate so their shape sets, then transfer them to a sealable plastic bag for easy storage.)





BABA GANJA GANOUSH

EDIBLES MAGAZINE

INGREDIENTS:

3 medium Italian eggplants (about 2 pounds total)	1/3 cup cannabis-infused extra- virgin olive oil, plus more for serving
3 medium cloves of garlic, minced	1/4 cup chopped fresh parsley leaves
2 Tbsps juice from 1 lemon, plus more as desired	Kosher salt
3 Tbsps tahini	

DIRECTIONS:

If using a gas burner or grill (recommended): Preheat grill to medium heat, and place eggplants directly over heat source. Cook, turning occasionally with tongs, until completely tender and well charred on all sides, 30 to 40 minutes. Wrap with foil, and let rest 15 minutes. If using the broiler: Adjust rack to 6 inches below broiler element, and preheat broiler to high. Place eggplant on a foil-lined rimmed baking sheet. Broil, turning occasionally, until charred on all sides and completely tender, about 1 hour. Eggplants should be very tender when cooked. Test near the stem and bottom ends. If a toothpick or skewer meets any resistance, continue cooking. Remove from oven, and gather up foil, crimping it around the eggplants to form a sealed package. Let the eggplants rest for 15 minutes.

Open foil package. Working one eggplant at a time, use a sharp paring knife to slit it open lengthwise. Carefully scoop out soft flesh with a large spoon, and transfer to a strainer set in a large bowl. Once all eggplant is scooped, pick out any stray bits of skin and blackened flesh and discard.

Transfer eggplant to a salad spinner, distributing it evenly around the perimeter. Spin gently until all excess moisture is extracted.

Discard all drippings, wipe out bowl, and return eggplant to bowl. Add garlic and lemon juice to eggplant and stir vigorously with a fork until eggplant breaks down into a rough paste, about 1½ minutes. Stirring constantly and vigorously, add the tahini followed by the cannabis-infused olive oil in a thin, steady stream. The mixture should become pale and creamy. Stir in parsley, and season to taste with salt and more lemon juice if desired. Transfer to a serving bowl, drizzle with olive oil, and serve with warm pita bread or vegetables for dipping. Baba ganoush can be stored in an airtight container in the refrigerator for up to four days. Let baba ganoush warm to room temperature before serving.

Infused Recipes

PEANUT BUTTER, BACON, BANANA & HONEY SANDWICH

EDIBLES MAGAZINE

INGREDIENTS:

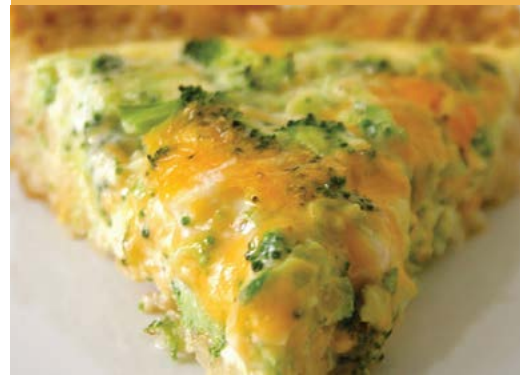
2 slices applewood smoked bacon	(Try Mystery Baking Company's Peanut Budder)
2 slices sourdough bread	
1 banana (sliced)	1 Tbsp cannabis-infused honey (Try Mystery Baking Company's Honey)
2 Tbsps cannabis-infused peanut butter	

DIRECTIONS:

Place the bacon in a skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Toast the slices of sourdough bread in a toaster, and spread a toasted slice with cannabis-infused peanut butter and cannabis-infused honey. Place the bacon on the cannabis-infused honey, place sliced bananas on top of bacon, top with the remaining toasted bread slice, and serve.



BROCCOLI QUICHE WITH KIEF



EDIBLES MAGAZINE

INGREDIENTS:

2 Tbsp canna butter	4 eggs, well beaten
1 onion, minced	1½ cups milk
1 tsp minced garlic	1 tsp salt
2 cups chopped fresh broccoli	½ tsp black pepper
1 (9 inch) unbaked pie crust	1 Tbsp canna butter, melted
1½ cups shredded mozzarella cheese	1 gram Kief, decarboxylated

DIRECTIONS:

Preheat oven to 350°F (175°C). Over medium-low heat, melt canna-butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese. Combine eggs, milk and kief. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese. Bake in preheated oven for 30-to-50 minutes, or until center has set.

INGREDIENTS:

1 cup white sugar	2 tsps baking powder
¾ cup canna butter	½ tsp salt ½
1 egg	3 Tbsps unsweetened cocoa powder
1 tsp vanilla extract	
2¼ cups all-purpose flour	1 cup semisweet chocolate chips

Place two slices side by side on a cookie sheet to resemble an owl's face. Pinch upper "corners" to resemble ears. Put chocolate chips in each dark circle for the eyes, and a cashew in the center for the beak. Bake for 8 to 12 minutes in the preheated oven, or until lightly browned.

Medible Recipes

HIGH HOOT OWL COOKIES



DIRECTIONS:

Cream canna-butter and sugar until fluffy. Beat in egg and vanilla. Add baking powder and salt. Beat well. Add flour, and mix until blended. Remove ¾ of dough. Roll or pat dough out to form two 10 x 4 inch rectangles. Add cocoa to remaining ¼ of dough.

Mix until blended. Shape chocolate dough into two 10-inch long rolls. Place on rectangle, and roll plain dough to cover chocolate dough completely, not including ends.

Wrap in plastic wrap, and chill at least two hours. Preheat oven to 350°F (180°C). Cut dough into ¾ inch slices with a sharp knife.

Emerald Cannabis Awards

Best of 2018

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MCR LABS

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APOTHECARY EXTRACTS

BEST HEMP CULTIVATOR

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BEST CANNABIS CULTIVATOR

HUMBOLDT'S FINEST

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BEST CBD BRAND

AUNT ZELDA'S

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HOBAN LAW

MOST INFLUENTIAL CANNABIS ADVOCACY GROUP

NORML

BEST CBD CULTIVATOR (NON-HEMP)

LOST COAST BOTANICALS

BEST DELIVERY SERVICE

EAZE

BEST BRANDING

FLOW KANA

Emerald Cannabis Awards

Best of 2018

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